

## Cast Care

A cast is put on to hold a broken bone in place. To protect the cast, follow the instructions below:

1. Keep the cast dry. The best way to take a bath is to have a sponge bath. If you must shower, cover the cast completely in a plastic bag. The cast will be ruined if it gets wet.
2. Do not put any sharp object such as a coat hanger down your cast to scratch. This may scratch open the skin and cause an infection.
3. Try to keep the cast arm or leg elevated above the level of the heart for the first 3-5 days. After the first week, elevate the arm or leg above the level of your heart, for several periods during the day and night.
4. Watch for swelling, coldness, or a purple color of the fingers or toes. If this happens, return to the hospital immediately.
5. If your ankle and foot are cast, use your crutches as instructed. Do not put more weight on your cast than is ordered by your doctor.
6. Do not trim or cut your cast. See your doctor if you are having problems with the cast such as sore areas under the cast or a bad smell coming from the cast.
7. Remember to gently move the shoulder, hip, elbow, knee, toes, or fingers of the hurt limb.
8. Never remove the cast yourself. This could result in your bone healing in a bad position.
9. Keep your follow-up clinic appointments.